**Confusing and Frustrating Times**

1. **Accept that God has a purpose in both the good and bad times of our lives.**

**Ecclesiastes 3:1** *“There is an appointed time for everything. And there is a time for every event under heaven…”*

 **Positive Negative**

birth death

 plant uproot

 heal kill

 build up tear down

 laugh weep

 dance mourn

 gather scatter

 embrace refrain

 search give up

 keep throw away

 mend tear apart

 speak be silent

 love hate

 peace war

 **Ecclesiastes 3:11** *“He has made everything appropriate in its time.”*

1. **Affirm our faith in God during the confusing times.**

**Ecclesiastes 3:11b** *“He has also set eternity in their heart, yet so that man will not find out the work which God has done from the beginning even to the end.”*

**John 13:7** *“Jesus answered and said to him, ‘What I do, you do not realize now, but you shall understand hereafter.’”*

1. **Apply the present time to doing good.**

**Ecclesiastes 3:12** *“I know that there is nothing better for them than to rejoice and to do good in one’s lifetime.”*

**Try to discern the most important things to do, and do them!**

**I Corinthians 10:23** *“All things are lawful, but not all things are profitable. All things are lawful, but not all things edify.”*

* You can’t do it all, and all things are not equally important.
* You will have enough time to do God’s will.
1. **Appreciate all my time as a gift from God.**

**Ecclesiastes 3:13** *“every man who eats and drinks should see good in all his labor-it is the gift of God.”*

**Ecclesiastes 11:8** *“if a man should live many years, let him rejoice in them all”*

1. **Alleviate the pressure by equalizing it.**

**Exodus 35:31** *“And He has filled him with the Spirit of God, in wisdom, in understanding and in knowledge and in all craftsmanship.”*